PHYSICAL READINESS TRAINING

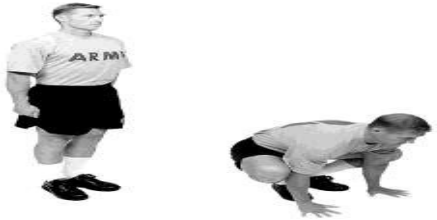
The Army's overhaul of Initial Military Training (IMT) includes a new approach to physical-readiness training (PRT). Field Manual (FM) 21-20, Physical Fitness Training, has been revised and is now Training Circular (TC) 3-22.20, Army Physical Readiness Training. TC 3-22.20 also supersedes the IET Standardized Physical Training Guide dated Jan. 4, 2005.

U.S. Army Training and Doctrine Command (TRADOC) conducted a holistic review of how it trained skills, values inculcation and physical training. Changes are informed by lessons-learned over eight years of war. But TC 3-22.20 goes a step farther; it contains a scientific approach to physical readiness, vice physical training, and provides a rational training progression that elicits the desired training effect without overreaching, overtraining and overuse - especially for those in the IMT base, as the youngest generation needs to strike the balance between improving physical capacity and preventing injuries.

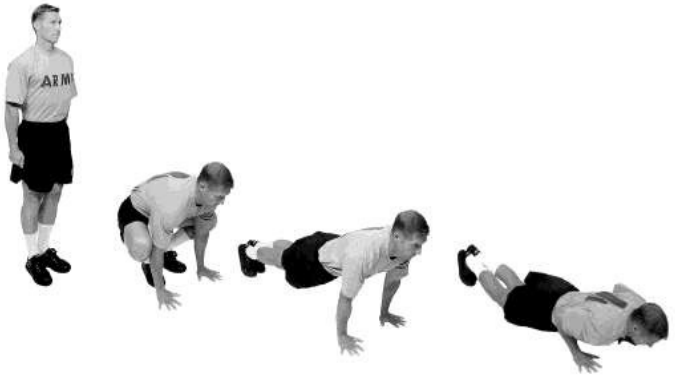
TC 3-22.20 guides leaders through a systematic approach to training, consisting of an ordered, comprehensive assemblage of facts, principles and methods for training Soldiers and units for full-spectrum operations. It provides a balanced training program that prepares Soldiers for successful task performance and provides linkage to other training conducted during the duty day. Injury control is woven into the training's fabric by recommended exercise intensity, volume, specificity and recovery within its progressive training schedules. These sample schedules provide the commander a doctrinal template that can be applied to the unit's training needs.

STARTING POSITIONS

SQUAT



PRONE POSITION

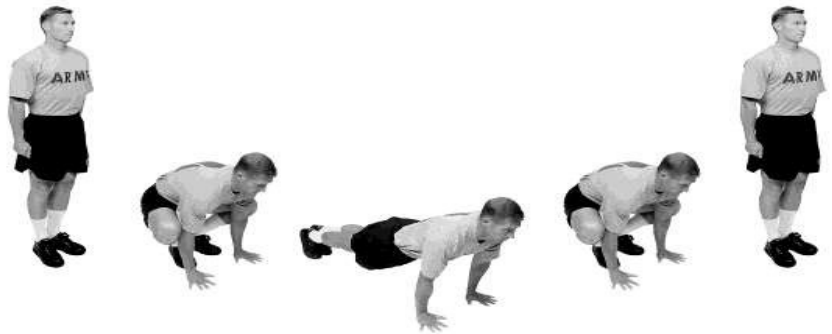


SUPINE POSITION

SIX-POINT STANCE

STRADDLE STANCE

FRONT LEANING REST POSITION

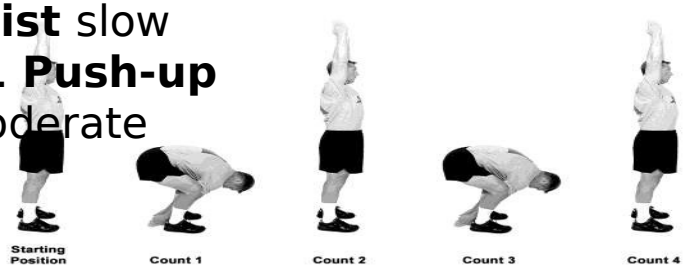


FORWARD LEANING STA

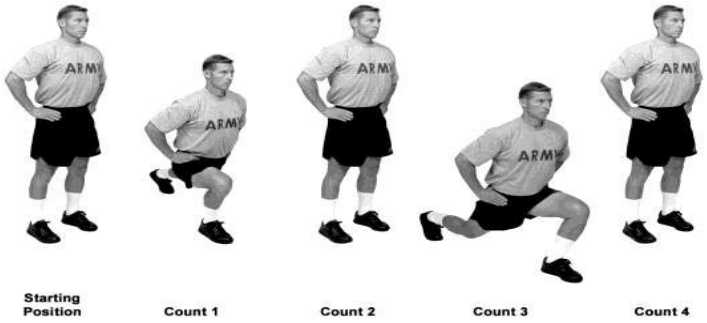
1. **Bend and reach** slow
2. **Rear lunge** slow
3. **High jumper** moderate
4. **Rower** slow
5. **Squat bender** slow
6. **Windmill** slow
7. **Forward lunge** slow
8. **Prone row** slow
9. **Bent-leg body twist** slow
10. **Push-up** moderate

PREPARATION DRILLS

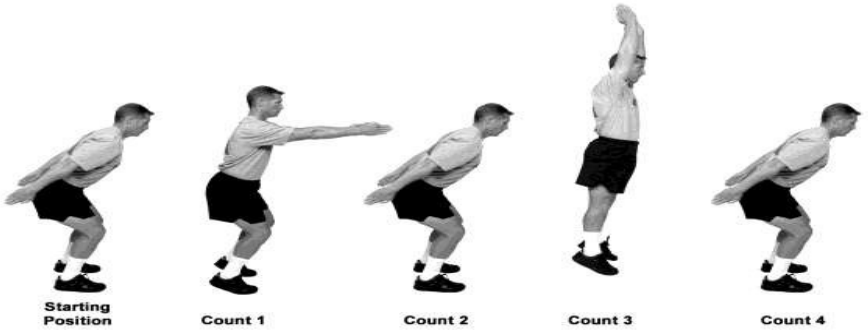
1. BEND AND REACH



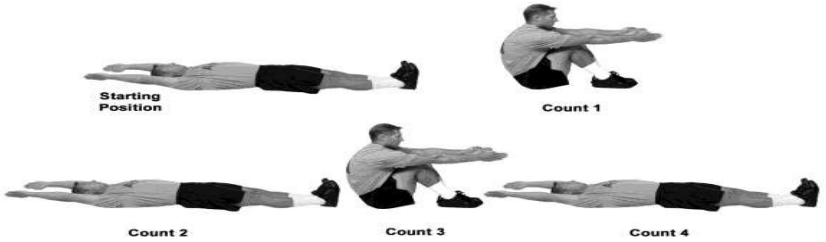
2. REAR LUNGE



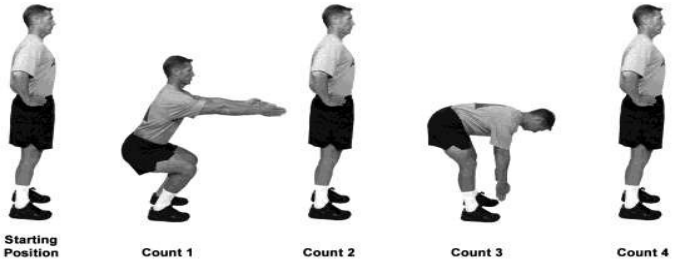
3. HIGH JUMPER



4. ROWER

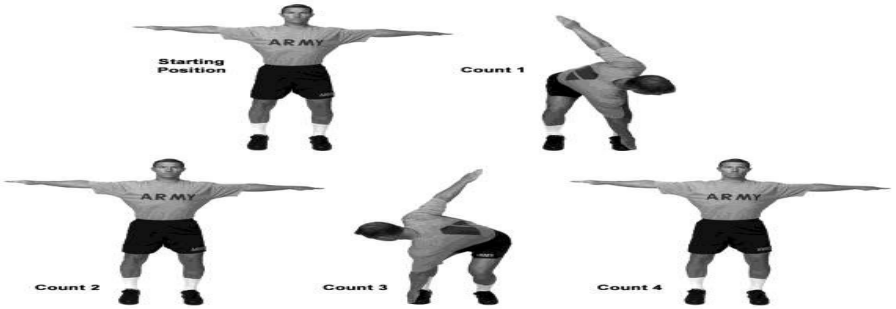


5. SQUAT BENDER

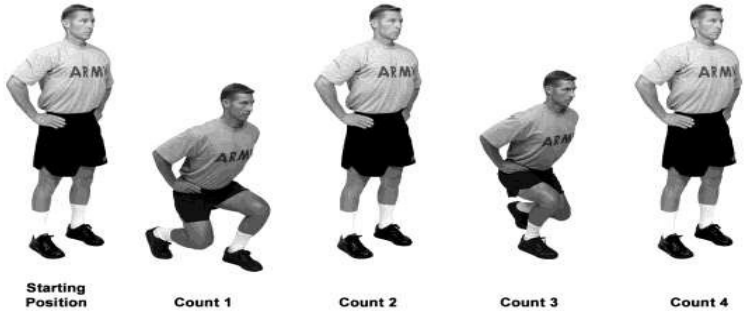


PREPARATION DRILLS CONT

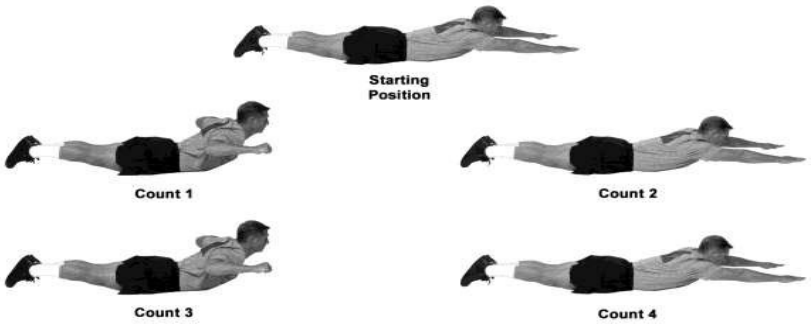
6. WINDMILL



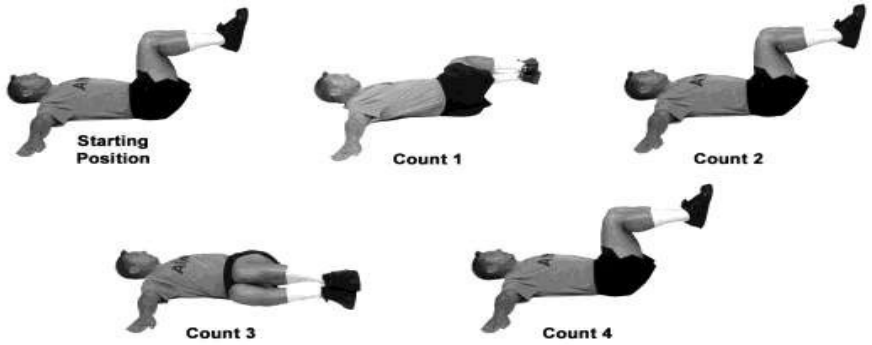
7. FORWARD LUNGE



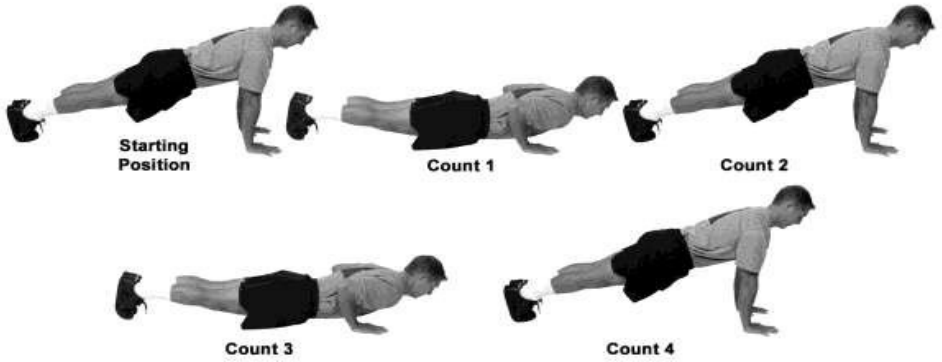
8. PRONE ROW



9. BENT-LEG BODY TWIST

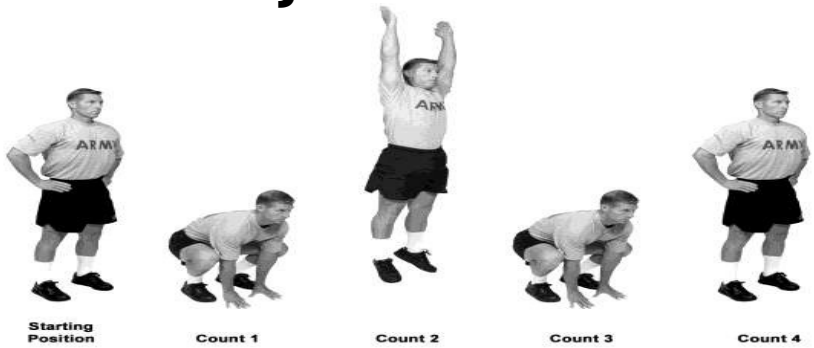


10. PUSH UP

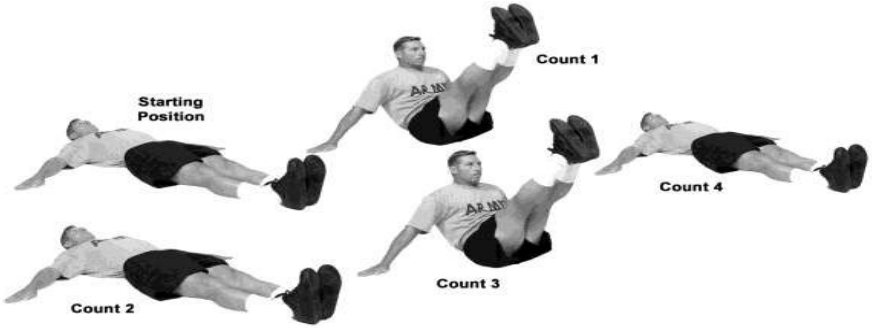


CONDITIONING
DRILL 1

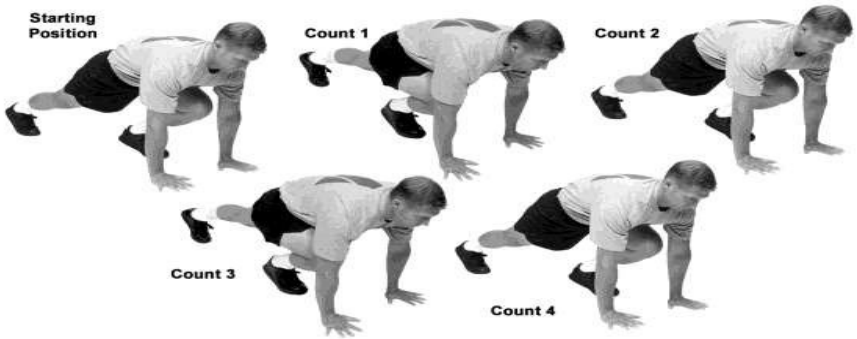
1. POWER JUMP



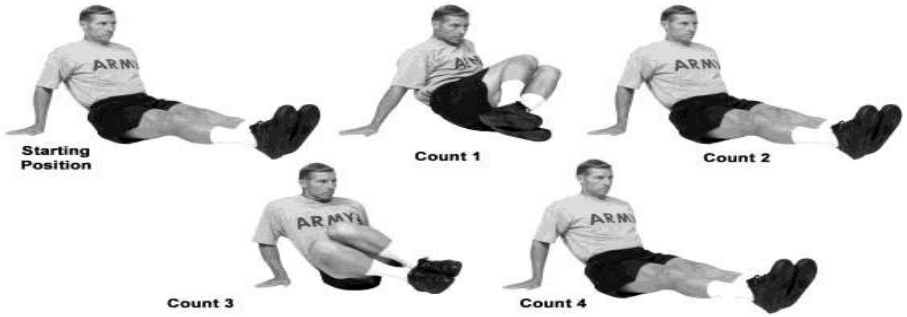
2. V-UP



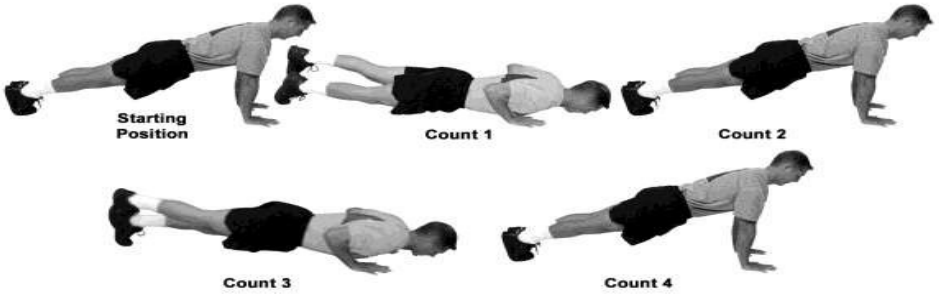
3. MOUNTAIN CLIMBER



4. LEG TUCK AND TWIST

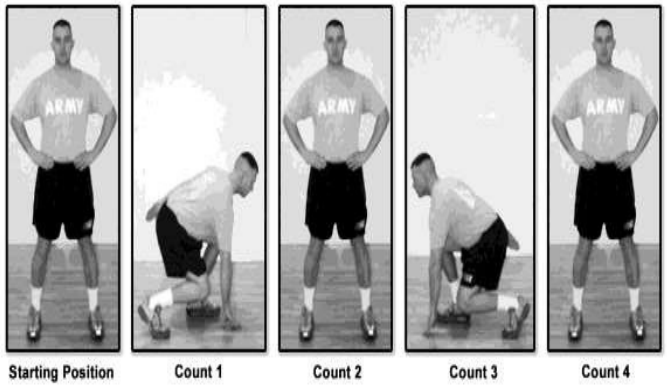


5. SINGLE-LEG PUSH UP

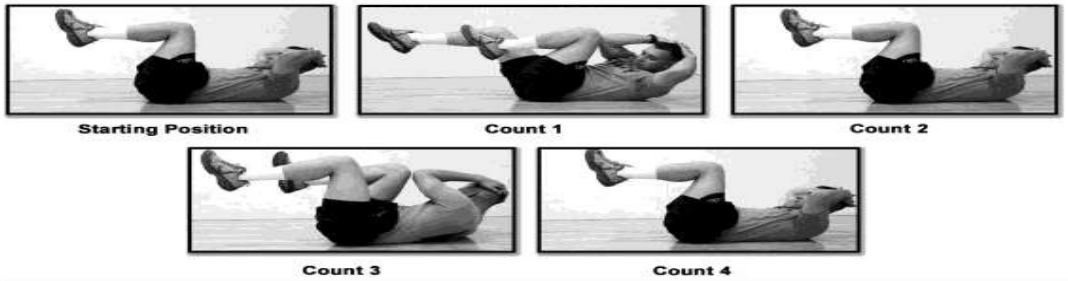


CONDITIONING DRILL 2

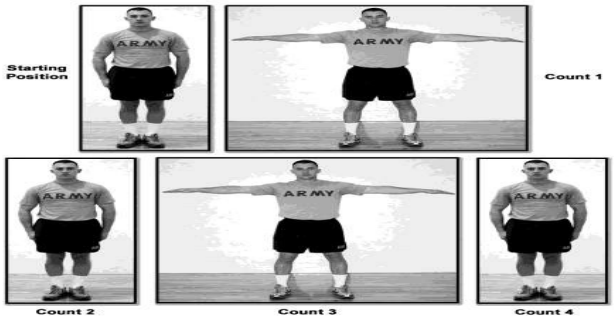
1. TURN AND LUNGE



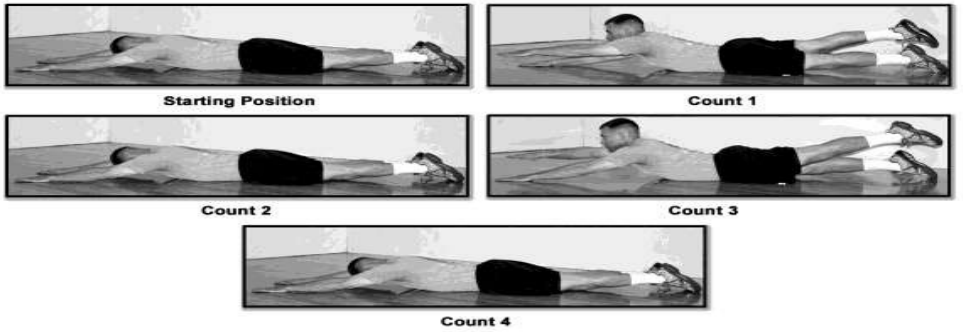
2. SUPINE BICYCLE



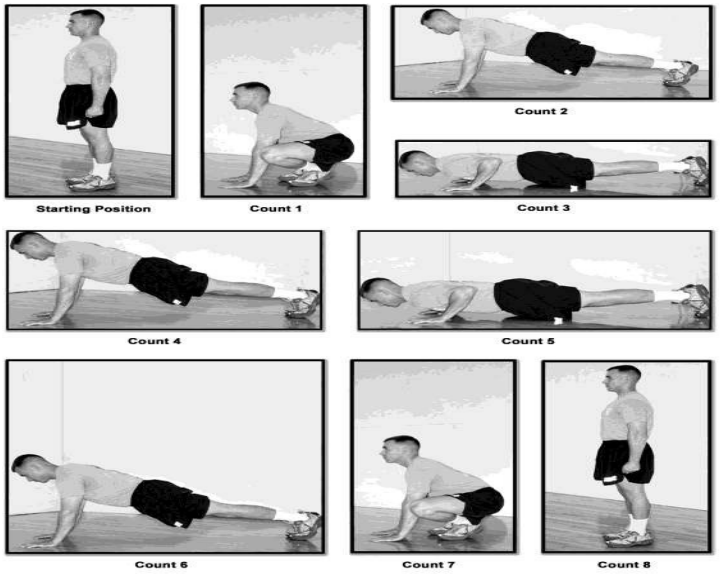
3. HALF JACKS



4. SWIMMER

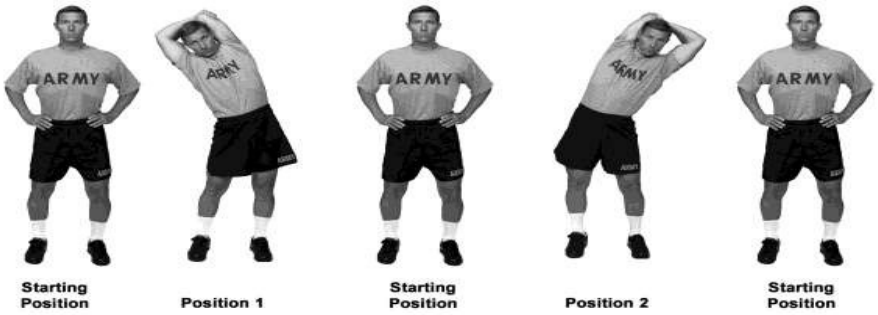


5. 8-COUNT PUSH-UP

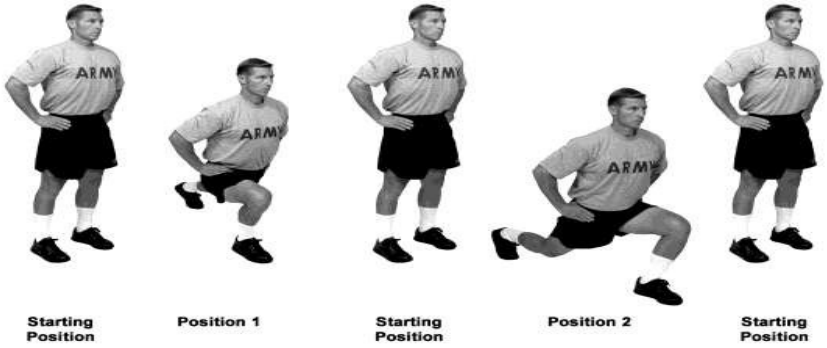


RECOVERY DRILL

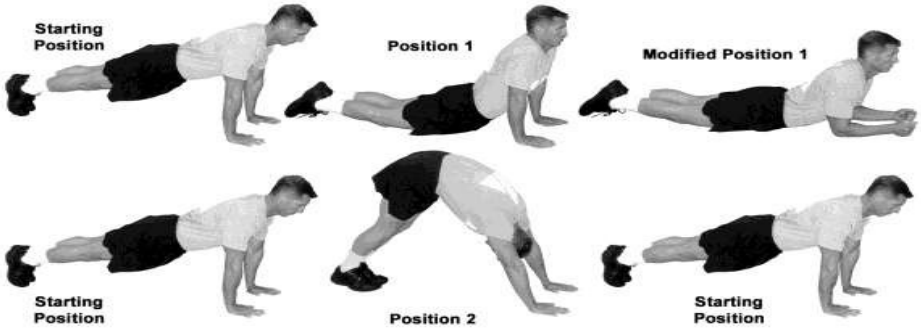
1. OVERHEAD ARM



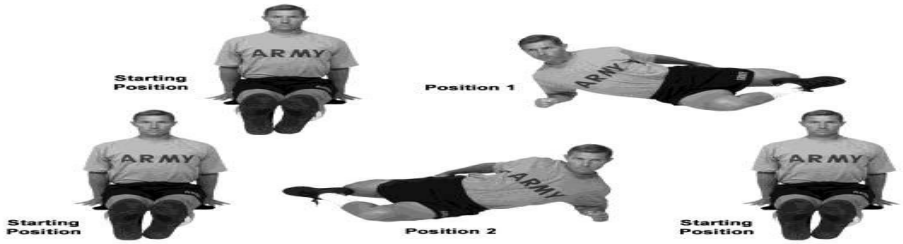
2. REAR LUNGE



3. EXTEND AND FLEX



4. THIGH STRETCH



5. SINGLE-LEG OVER